

**ORINDA AQUATICS  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD TIME TRIAL MEET  
FEBRUARY 13-15, 2021**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-008**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**NOTICE:** By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Carol Cottam	<b>Head Starter:</b> David Benjamin
<b>Meet Marshal:</b> Laurel Purewal	<b>Admin Official:</b> Supicha Castro
<b>Meet Director:</b> Jane Healy ( <a href="mailto:janehealy@msn.com">janehealy@msn.com</a> )	

**LOCATION:** Soda Aquatic Center at Campolindo High School, 300 Moraga Road, Moraga, CA 94556

**COURSE:** Outdoor 25-yard pool with up to 8 lanes available for competition, 20 lanes available for warm-up before each session, and up to 12 lanes available for warm-down throughout the competition. The minimum water depth as measured in accordance with Article 103.2.3, is 10' on the primary start end and 7' on the secondary start end of the pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:** Warm-ups for the first session each day will begin at 8:30a. Session assignments and warm-up times for the subsequent sessions will be communicated to the athletes, once registration is complete.

Saturday – Each Junior group athlete will be assigned to a specific session. There will be up to two Junior group sessions, each of which will offer the same events.

Sunday & Monday – Each Senior group athlete will be assigned to a specific session for both Sunday and Monday. There will be up to three Senior group sessions on Sunday, each of which will offer the same events. Likewise, up to three Senior group sessions will be held on Monday, each offering the same events.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facility's guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of

the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

- All events are timed finals.
- All events will swim fast to slow.
- A maximum of three (3) athletes shall be permitted per warm-up lane, and safe spacing must be maintained at all times.
- Junior group athletes can enter 3 events. Senior group athletes can enter 2 events per day (4 total).
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athletes age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **All participants will follow the Facility Safety Plan, which will be communicated to them prior to the meet.**

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Meet is open only to qualified athletes registered with **Orinda Aquatics**. Athletes who are unattached but participating with **Orinda Aquatics** are eligible to compete.
- Entries with **"NO TIME" will be accepted.**
- Disabled Athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRIES:** Athletes will use a Google sign-up form to submit their event selections, which will be entered by the Orinda Aquatics coaching staff. The entry deadline is Thursday, February 4<sup>th</sup>, 2021.

**ENTRY FEES:** Athletes will be charged a flat fee: \$45 per Junior group athlete, \$60 per Senior group athlete. All fees will be billed directly through their Team Unify account. No refunds will be made, except mandatory scratch downs.

**SEEDING:** The meet will be pre-seeded for each swim session. Heat and lane assignments will be communicated to the athletes prior to the meet.

**CHECK-IN:** There will be no check-in for the meet. Athletes will receive instruction on when and where to assemble outside the Soda Aquatic Center. Each session will enter the facility as a group, after the preceding group has exited.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** No spectators will be permitted within the Soda Aquatic Center for the duration of the meet. Only listed participants will be admitted.

**MISCELLANEOUS:** No overnight parking is allowed. There will be no Hospitality and no food, drink, or swim gear available for purchase at the meet.

**EVENTS OFFERED:** Session events will be listed in the Google sign-up form. Athletes will be assigned to a session and will know prior to registration the list and order of events for their session. No event will be offered more than once in a session. Not all events will be offered each session.

All Athletes	12&U Athletes Only	13&O Athletes Only
50 FR	50 BA	200 BA
100 FR	50 FL	200 FL
200 FR	50 BR	200 BR
100 BA		400 IM
100 FL		500 FR
100 BR		
200 IM		